

**Clayton County Public
Schools**

**Heat Advisory Precautions
for Physical Education/School
Day Activities**

Clayton County Public Schools Heat Advisory Precautions

I. RATIONALE

Our heat advisory precautions are designed to protect students from incurring heat related illnesses or problems. This is a guide for personnel to use and refer to when making decisions or modifying and/or suspending outdoor activities.

- The best defense against heat-related conditions is **prevention**.
- Staff shall be reminded yearly and in times of extreme heat regarding precautions to take to ensure student safety.
- **Staff focus should be on “constant surveillance” of students during extreme heat to ensure student health.** Should symptoms arise, they should be addressed immediately.
- The following guidelines are to be used as appropriate to ensure student safety during high heat. Implementation may vary depending on the activity.

II. GUIDELINES FOR SCHOOL LEVEL DAILY ACTIVITIES

A heat index reading should be obtained immediately prior to participation of outside activities. This may be done by accessing www.weather.com.

Principals should designate someone in their building (PE Teacher, secretary, media specialist, etc.) to access this daily as it gives accurate heat index predictions for the day as early as 7:30 each morning. In times of extreme heat, reminders will be sent from the central office.

Please follow the protocols set forth below:

A. Minimal Risk Heat index of below 79° F

- a. Use Standard everyday procedures.

B. Low Risk Heat index of 80° – 89° F

- a. Use Standard everyday procedures;
- b. However monitor physical activity;
- c. Increase hydration.

C. Moderate Risk Heat index of 90° F – 94° F

- a. Limited outside activities for general student populations.
 - i. Maintain clear focus on supervising students and looking for signs of over-heating.
 - ii. Mandatory water breaks every 30 minutes.
 - iii. Mandatory breaks from activities after the water break for 5 to 10 minutes in duration.
 - iv. Monitor heat index every 30 minutes.
- b. During Physical Education Teachers should:
 - i. Closely monitor students during activities.
 - ii. Be aware of any chronic health issues and/or medications of students.
 - 1. Collaborate with school nurse.
 - iii. Provide increased rest periods.
 - iv. Decrease the intensity of the exercise/activities.
 - v. Provide that an unlimited supply of cold water is available to participants during activities.

1. Grant any request by a student to receive water without question by the teacher.
2. Know that hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after activity.

D. High Risk *Heat index of 95° – 100° F*

- a. All outside activities suspended.
- b. All outside Physical Education classes are canceled.
- c. Indoor Physical Education classes may occur with limitations; Teachers should:
 - i. Closely monitor students during activities.
 - ii. Be aware of any chronic health issues and/or medications of students.
 1. Collaborate with school nurse.
 - iii. Provide increased rest periods.
 - iv. Decrease the intensity of the exercise/activities.
 - v. Provide that an unlimited supply of cold water is available to participants during activities.
 1. Grant any request by a student to receive water without question by the teacher.
 2. Know that hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after activity.
 - vi. Limit intense activity to short intervals (not to exceed 15 minutes) with a break of 5-10 minutes.
 - vii. If possible, conduct physical education classes within spaces with air conditioning. This includes activities held within classrooms, cafeterias, etc. that are facilitated by the physical education instructor.

E. Extreme Risk *Heat Index of 101° F and above*

- a. All outside activities suspended.
- b. All physical education classes cancelled.

Note: Physical Education classes that occur in gyms without air conditioning should be aware of and monitor the heat index within the gym.

REMEMBER: IN TIMES OF EXTREME HEAT, STUDENTS WITH OUTDOOR ACTIVITIES SHOULD BE HYDRATED OFTEN THROUGHOUT THE DAY.

III. SAFETY GUIDELINES FOR STAFF

- Reduce the intensity and duration of physical activity initially and gradually increase exposure to allow students to grow accustomed to heat levels.
- Fully hydrate students prior to strenuous physical activity. Avoid caffeine and high sugar, carbonated drinks.
- Constantly provide cold water and schedule frequent rest periods where students are encouraged to drink water.
- Plan strenuous outdoor activity for early morning or late in the day.
- Be aware of student's chronic health issues and medications of students.
 - Collaborate with school nurse.
- Heighten surveillance of students with special needs.
- Be aware of students with certain conditions that are at a greater risk to heat stress. Included in these (but not limited to) are: cystic fibrosis, vomiting, diarrhea, fever, obesity, diabetes, chronic heart disease, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.
- Replacement of lost fluids and periodic rest is essential to the health of the participant during hot and humid conditions.
- Check to see if student's medication has specific precautions regarding heat, sunlight, etc.
- Use a "buddy system" where students are educated regarding symptoms and monitor each other.
- Implement extra precautions when playing on concrete or asphalt.
- Provide water on long, non-air-conditioned bus trips or encourage students to bring their own.
- Decrease the intensity of activities that last 30 minutes or more whenever relative humidity and air temperature (Heat Index) are above critical levels (HI of 90 or above). The higher the humidity, the more dangerous high air temperature is because of decreased evaporation of body sweat. **Note that full sun exposure can increase the Heat Index by as much as 15 degrees F.**
- Contact your school nurse if you have questions.
- Check the Heat Index at weather.com or <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml> or an approved measuring device.

IV. SIGNS AND TREATMENT FOR HEAT INJURY

A. Heat Cramps

1. Painful spasms usually in the muscles of the legs and abdomen.
2. Heavy sweating.

B. Heat Cramps – First Aid

1. Firm pressure on cramping muscles, or gentle massage to relieve spasm.
2. Give sips of water unless nauseated.
3. Move to air-conditioned or fanned area.

C. Heat Exhaustion

1. Heavy sweating, moist and clammy skin
2. Weakness/dizziness/exhaustion

3. Fainting and vomiting
4. May have a fever greater than 102 degrees
5. Pupils dilated
6. Headache
7. Rapid, shallow breathing
8. Nausea, vomiting or diarrhea

D. Heat Exhaustion – First Aid

1. Body temp of 103-105 degrees
2. Get victim out of the sun and into an air-conditioned area
3. Lay victim down and loosen clothing
4. Apply cool wet cloths
5. Encourage sips of water unless nauseated
6. If vomiting continues, seek immediate medical attention
7. Call the parent or guardian if the child does not seem “back to normal” within a few minutes.

E. Heat Stroke – THIS IS A LIFE-THREATENING

1. High body temperature (106° F or higher)
2. Hot dry skin
3. Rapid, strong pulse
4. Face red/flushed
5. Confusion or agitation
6. Possibly unconscious

F. Heat Stoke – First Aid – CALL 911

Heat stroke is a severe medical emergency.

1. Move the victim to a cooler environment
2. Reduce body temperature with cool bath/sponging
3. Remove clothing, use fans/air conditioner
4. Offer cool water if conscious.

V. SUGGESTIONS FOR STUDENTS

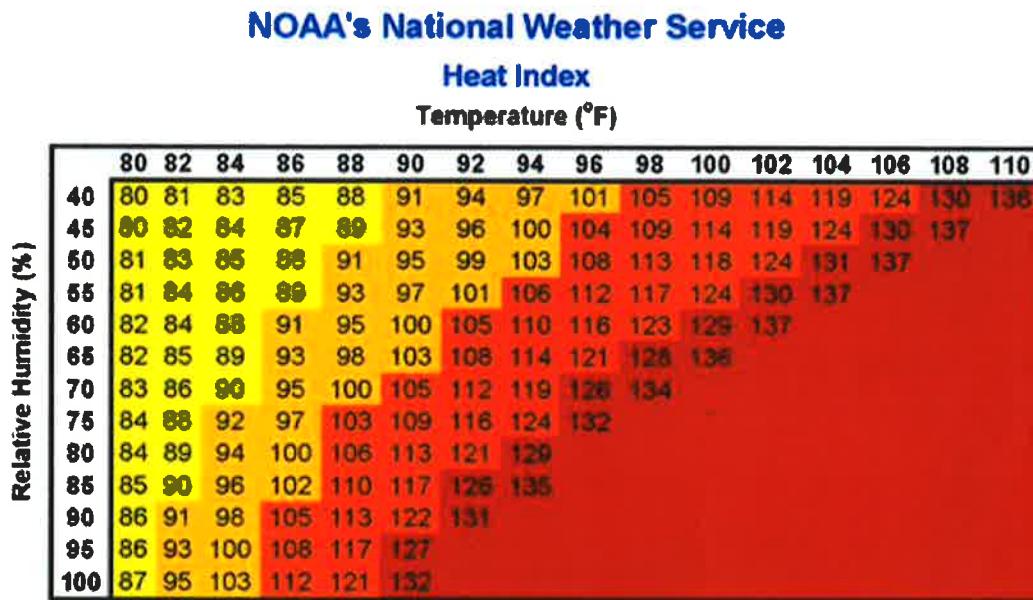
Take the time to educate students on the dangers of heat related illness. This may help prevent accidents at home as well!

- A. Inform instructor if recently ill.
- B. Inform your teacher/instructor of any medications recently taken.
- C. Wear lightweight, loose, cool, reflective clothing.
- D. Wear hats or sun visors when participating in direct sun.
- E. Wear sun glasses or protective eyewear.
- F. Avoid caffeine and high-sugar, carbonated drinks.
- G. Bring water to drink throughout extended activities such as field day.
- H. Avoid eating heavy, protein-rich foods prior to exercise.

VI. HEAT INDEX CHART

The heat index is the apparent temperature as opposed to the actual temperature. The heat index takes into account the combined effects of the temperature and humidity within the air. As the heat index rises the body's ability to cool itself lessens and the individual faces increased health risks.

The following chart obtained from the National Weather Service shows a breakdown for the individual zones for the heat index.



**Clayton County Public
Schools**

**Heat Policies for
Athletics/Outdoor Afterschool
Activities**

I. GUIDELINES FOR OUTDOOR EXTRA CURRICULAR ACTIVITIES DURING EXTREME HEAT AND HUMID CONDITIONS

1. Each program shall have and use a **wet bulb global temperature device** for measuring environmental factors. All activities will monitor and follow guidelines.
2. Practices should be held early in the morning or later in the evening when possible to avoid times of severe environmental conditions.
3. An unlimited supply of cold water should be available to participants during practices and games.
 - Any request by a student to receive water will be granted without question by a coach or supervisor.
 - Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after activity. Meals should include an appropriate amount of fluid intake.
4. Give adequate rest periods.
 - Football Players shall be allowed to remove their helmets.
 - **Rest should be in a shaded area out of direct sunlight.**
 - Shoulder pads should be removed if conditions warrant.
5. Gradually acclimatize participants to the heat.
 - Research indicates 80% acclimatization may be achieved in 7-10 days, but can take up to 14 days.
 - **All Players MUST have a 5 day acclimatization period where only helmets and mouthpieces can be worn prior to participating in full equipment.**
 - The length and intensity of practices should be adjusted according to the WBGT.
6. Athletic participants should wear clothes that are light in color and weight.
7. **Athletic participants should be weighed before and after activity when possible to monitor water loss and identify those becoming dehydrated.**
8. Students who need careful monitoring include:
 - Overweight students
 - Weight control problems (fluctuations)
 - Those taking over-the-counter and prescription medicines
 - Students who have done NO exercise at all
9. Be familiar with heat related symptoms and corresponding treatments
10. Be familiar with any emergency and 911 procedures
11. Monitor students after activities for needed medical attention.

In an emergency...Cool First! Transport Second!

Heat Illness Symptoms and Treatments

<u>Heat Illness</u>	<u>Definition/Description</u>	<u>Signs/Symptoms</u>	<u>What to do</u>
Muscle (heat) Cramps	Occurs during or after intense exercise. Athlete will experience acute, painful, involuntary muscle contractions typically in the arms, legs or abdomen.	Dehydration Thirst Fatigue Sweating Muscle Cramps	Stop activity and sit quietly in a cool place. Drink clear juice or sports drink Do not engage in exercise/strenuous activity for a few hours after cramps subside, as this may lead to heat exhaustion or heat stroke. Seek medical attention if heat cramps do not subside in 1 hour.
Heat Syncope	Occurs as result of exposure to high temperatures. Typically, occurs during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	Dehydration Fatigue Fainting Lightheadedness Tunnel Vision Pale or sweaty skin Decreased pulse rate	Lie down in cool place Drink clear juice or sports drink. Cool core temperature with cold wet cloth.
Heat Exhaustion	The inability to continue exercising that is associated with heavy sweating, dehydration, energy depletion, and sodium loss.	Normal or elevated body-core temp (97-104) Dehydration Dizziness Headache Nausea Weakness Persistent muscle cramps Profuse sweating Chills Cool, clammy skin	Seek medical attention immediately if symptoms are severe. Attempt to cool the athlete using cool beverages, rest, cool shower or bath, movie to an air conditioned environment, and wearing light clothing.

Football Practice Regulations with Heat

New Guidelines are currently in place regarding heat and football practices. Please note the following changes and make sure that as a Head Coach or Athletic Director that your school is adhering to these policies. There will be no variance from these stated guidelines.

See Attached GHSA Bylaw 2.67 – This document must be signed by the head coach and placed in the hands of EVERY parent on the team.

WEIGHT TRAINING THAT OCCURS BEFORE OR AFTER ON FIELD PRACTICE IS ALSO CONSIDERED PRACTICE AND THAT TIME SHOULD BE DEDUCTED FROM THE DAY'S TOTAL PRACTICE TIME.

Acclimatization

- All football players **MUST** undergo a 5 day acclimatization process before participating in pads.
- This acclimatization process **MUST** take place 5 consecutive days. (It may wrap around a weekend).
- These practices are limited to 2 hours maximum.
- Athlete can only wear Helmet and Mouthpiece during these 5 days.
- First date of practice in pads is August 1, 2012.
- Athletes who attend after August 1 **MUST STILL** complete the acclimatization process.

Practice Components/Restrictions – Hydration/Cooling

- All players should be weighed before and after practice. Records should be kept.
- All rest times should be in cool zones with an unlimited hydration opportunity and out of direct sunlight.
- Practices held at or above 86 on the WBGT (Wet Bulb Global Temp) scale **REQUIRE** an immersion tub of ice water on site.
- Cooling of athletes should be done via cold sponge (Not towels) to prevent MRSA.
- The GHSA matrix is to be used for practice/heat guidelines on when practice can occur and under what conditions.

Football Practice Limitations

- Two-a-day practices may not take place on consecutive days.
- Two-a-day practices are limited to 5 hours in totality and 3 hours in one session. The 5 hours cannot be split into 3 sessions.
- Single practice days are limited to 3 hours.

Wet Bulb Globe Temperature Readings

- An Approved device will be provided by CCPS to every middle and high school.
- Wet Bulb Readings are to be mandatory and taken every 15 minutes and recorded.
- Wet Bulb Reading should be available for review by the Athletic Office upon demand.

GHSA BY-LAW FOR HEAT

1. BY-LAW 2.67 – “Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly. **WBGT READING**

UNDER 82.0

82.0 -86.9

87.0 – 89.9

90.0--92.0

OVER 92

ACTIVITY GUIDELINES & REST BREAK GUIDELINES

Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout

Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.

Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each

Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.

No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GHSA Wet Bulb Global Temperature Record

School: _____

Sport: _____

Policy**Competitive Interscholastic Activities, Grades 6-12****Descriptor Code: IDE(3)****I. GRADES 9-12**

The Board of Education endorses and adopts the requirements set forth in the guidelines of the Georgia High School Association (GHSA), including any amendments thereto, for determining the eligibility of students in grades 9-12 to participate in competitive interscholastic activities. The Board directs the Superintendent to maintain and distribute the current GHSA guidelines to all schools in the system that sponsor competitive interscholastic activities, and to monitor compliance with those guidelines.

Each principal is responsible for properly supervising and regulating competitive activities in his or her school. The principal may delegate responsibility for supervising one or more student activities and clubs to a member or members of his or her professional staff, provided that such individuals act under the principal's direction.

To be eligible for participation, an individual must be enrolled full time in the school that sponsors the competitive activity or be enrolled in a Clayton County Magnet High School that does not offer a particular sport that other Clayton County High Schools offer. Students enrolled in such a Magnet High School shall be allowed to participate in GHSA extracurricular activities as a member of the school team for the school which they would ordinarily attend according to local board of education attendance policy. Provided, however that:

1. If the magnet school offers the only activity in which the student elects to participate, the student shall be required to participate as a member of the magnet school program in that activity.
2. Students at magnet schools may not participate in GHSA extracurricular activities at both the magnet school and the school that the student would ordinarily attend. Those students must elect to participate in GHSA extracurricular activities at only one school per school year. For example, student could not play basketball at the magnet school and football at the home school.
3. The election of the student to participate in GHSA extracurricular activities for either the magnet school or the school the student would ordinarily attend shall be binding for the current school year.
4. Such students shall be required to comply with all GHSA eligibility and other rules.

II. GRADES 6-8

The Board of Education is responsible for regulating competitive interscholastic activities in grades 6-8, and therefore adopts the requirements set forth in State Board Rule 160-5-1-18: Competitive Interscholastic Activities, as to student eligibility, physical examinations and special provisions.

The Superintendent is directed to ensure that each school principal properly supervises and regulates competitive activities in his or her school and that all staff members adhere to the requirements set forth in this policy.

Each principal of a school covered by the policy shall maintain documentation of adherence to the requirement of this policy.

To be eligible for participation, an individual must be enrolled full time in the school that sponsors the competitive activity or enrolled in a school sharing the same campus facility with another middle school offering competitive middle school athletics. Students enrolled in a Clayton County Magnet Middle School that does not offer a particular sport that other Clayton County Middle Schools offer, may participate in that sport at the middle school corresponding with their residential address of record.

Policy
Interscholastic Activities

Descriptor Code: IDF

The interscholastic activity program is an important part of the educational process. It provides opportunities for learning experiences in areas including athletics, competitive band, and literary competitions which are difficult to duplicate in other school activities. The activity program teaches attitudes of responsible team play and cooperation. The program provides a vehicle for learning mental and physical self-discipline, loyalty, personal pride in the school, respect for the rights of others, and the will to win.

Participation in interscholastic activity programs in the school system is entirely voluntary. The opportunity to participate in the program is extended to all eligible students who are willing to assume the responsibilities congruent with the privilege.

GUIDELINES FOR PROPER SPORTSMANLIKE BEHAVIOR:

Coaches and/or teachers responsible for the development of activity programs shall abide by the rules of the game in letter and in spirit, respecting the integrity and judgment of activity officials. This includes the following:

1. The coach is influential in setting the tone of conduct for students, spectators, team members and interested citizens, therefore he/she must visibly show that he/she values fair, honest rivalries, courteous relations and graceful acceptance of results.
2. The behavior of the coach must at all times be marked by dignity and self-control. He/she must not use provocative language or engage in any actions or remarks which would tend to incite the displeasure of the spectators or provoke disorderly behavior; and
3. The coach shall immediately take corrective action on any player/participant who intimidates an official or displays unsportsmanlike behavior.

Athletes/participants who exercise their privilege to engage in the program shall abide by the rules of the game or contest in letter and spirit, as well as those guidelines established by their administrators and coaches. This shall include:

1. Maintaining standards of eligibility established by GHSA, Georgia Board of Education Policy, Clayton County Public Schools Board of Education, and the school of attendance.
2. Clayton County Public Schools Conduct Agreement for Athletic Participation;
3. Being respectful and courteous to opposing teams and officials;
4. Refraining from disrespectfully addressing officials, antics to intimidate, taunting or baiting opponents and using insulting language and/or swearing;
5. Respecting the integrity and judgment of officials and accepting their decisions without question; and
6. Being modest when successful and gracious in defeat.

Administrators responsible for hosting activities are encouraged to include the following:

1. The environment, at the site of contests, should present an atmosphere where personal security is assumed for teams, officials and spectators through visibility and actions of law enforcement personnel and proper spectator behavior;
2. The student bodies of the host and visiting schools should show evidence of schooling in proper sportsmanlike behavior;
3. Visiting teams and officials should be without fear for personal safety before, during and after contests due to proper crowd control, easy access to dressing quarters, transportation vehicles and escort service when necessary.

Violators of this policy shall be subject to disciplinary action.

Clayton County Schools

Date Adopted: 8/2/2010
Last Revised: 7/31/2017

2.67 Practice Policy for Heat and Humidity:

- (a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:
 - (1) The scheduling of practices at various heat/humidity levels.
 - (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
 - (3) The heat/humidity levels that will result in practice being terminated.
- (b) A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

Under 82.0	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 - 89.9	Maximum practice time is 2 hours. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 - 92.0	Maximum practice time is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.0	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

- (c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the "clock" on that practice will stop and will begin again when the practice resumes.
- (d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in "voluntary workouts."
- (e) A walk-through is not a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.
- (f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a "cool zone" where players are out of direct sunlight. When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness.